

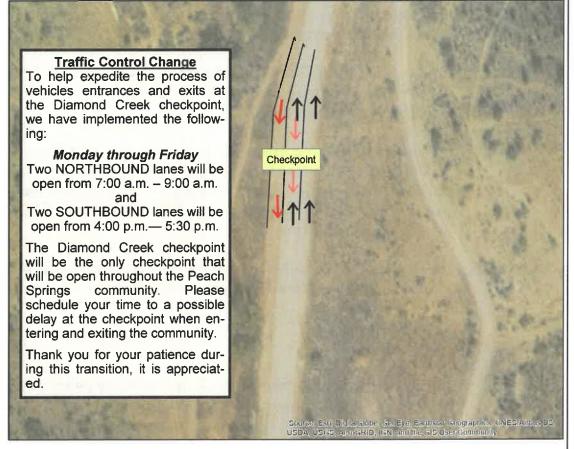
SPECIAL POINTS OF INTEREST:

- HTUA meeting on Tuesday, August 25 at 9:00 a.m. at the Hualapai Cultural Department
- For more Text Alert updates, text HUALAPAII to 91896.



Traffic Control Change North Diamond Creek Checkpoint

Submitted by: Public Information Officer | Hualapai Incident Command Team



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Messages



North Diamond Creek Checkpoint

0700 - 0900 Two Northbound Lanes

1600 - 1730 Two Southbound Lanes



GAMYU NEWSLETTER

ICIDENT MANAGEMENT UPDATES

HUALAPAI TRIBAL COUNCIL **RESOLUTION 47-2020**

OF THE GOVERNING BODY OF THE OF THE HUALAPAI TRIBE OF THE HUALAPAI RESERVATION

Amendment to Resolution 44-2020 Temporary Prohibition

- WHEREAS, the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and
- WHEREAS, the Hualapai Tribal Council has the power to represent the Tribe and act in all matters that concern the welfare of the Tribe pursuant to Article V(r) of the Hualapai Constitution; and
- WHEREAS, the Incident Command Team (ICT) is recommending a Temporary Prohibition for the duration of COVID-19. The purpose of this resolution is to reduce public intoxication, domestic disputes in relation to alcohol consumption, minimize public activity, and to support efforts to slow the spread of COVID-19 and promote public safety; and
- the Hualapai Police Department and any other authorized commissioned officer WHEREAS, has the authority to issue a citation as a civil sanction for the following violations below; and

WHEREAS, Intoxication

It shall be unlawful for any person to appear in any public place or in public view, such as an alley, roadway, private property, livestock ranching, etc. within the confines of the Hualapai reservation, under the influence of alcohol or other alcohol based substances misused and/or repurposed with the intent intoxication.

Offense 1: Any person guilty of this offense shall be sentenced to imprisonment for a period of 30 days and not to exceed 90 days, and a fine not to exceed \$300.00. A refusal to take a BAC reading will result in a mandatory 14 days of imprisonment. In addition to any other penalties imposed.

Offense 2: Any person guilty will be removed from the Hualapai reservation until treatment is sought and complete.

Alcohol Possession

It shall be unlawful for any person to appear in a public place in possession of alcohol. Possession shall include any and/or all of the following: carrying, concealing on your person, backpacks, purse, pockets, etc. Alcohol shall include beer, wine, whisky, to include alcohol based products such as mouthwash and hand sanitizer with the intent to impair an individual. If containers are used to hold alcohol such as cups, bottles, or any apparatus holding alcohol it shall be considered an open container.

Offense 1: Any person guilty of this offense shall be sentenced for a period of 30 days, not to exceed 120 days of imprisonment and a fine not to exceed \$5,000.00.

Offense 2: Any person guilty shall be removed from the Hualapai reservation until treatment is sought and completed

- WHEREAS, any person caught selling alcohol shall be prosecuted under Sec. 6.276 Liquor Violation of the Hualapai Law and Order Code. Any person guilty of this offense may be sentenced to imprisonment for a period not to exceed six months, or a fine not to exceed \$4,000.00 or both.
- THEREFORE BE IT RESOLVED, that the Tribal Council approves a Temporary Prohibition for the duration of COVID-19 and authorizes the search of vehicles and homes by the Hualapai Police Department with a legally obtained warrant.
- THEREFORE BE IT FURTHER RESOLVED, Under no circumstances shall it be interpreted that those persons convicted, cited and/or other legal action brought against them under resolution 44-2020, be excused or excluded from legal responsibility associated with previous unlawful actions, nor shall any warning, infraction, citation, Conviction or incarceration be forgiven or start anew from previous unlawful occurrence(s).

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom <u>nine (9)</u> constituting a quorum were present at a <u>Special Council Meeting</u> thereof held on this <u>6th day of August 2020</u>; and that the foregoing resolution was duly adopted by the affirmative vote of <u>(9)</u> <u>approve</u>, <u>(0) opposed</u>, <u>(0) excused</u>, pursuant to the authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.

Dr. Damon R. Clarke, Chairman

Hualapai Tribal Council

Shanna Salazar, Administrative Assistant

Hualapai Tribal Council

Our priority is the safety and health of the Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.

INCIDENT MANAGEMENT

PRESS RELEASE

DATE: 8/6/2020 TIME: 6:00 PM

FROM: Incident Commander

The Hualapai COVID-19 Response Team would like to report the following COVID-19 testing information from the Peach Springs Indian Health Clinic.

S S RESPONSE	Hualapai enrolled living within the boundary	Hualapai enrolled who do not reside within the boundary	Non-member living within the community boundary	Non-member associated with the Hualapai Tribe who does not live within The boundary	Totals	Percentage
Completed Tests					1,210	
Negative					1,080	89.26%
Positive	97	2	19	12	130	10.74%
Recoveries	72	2	14	11	99	76.15%
Currently Hospitalized	0	0	0	0	0	0
Deaths	12	0	1	0	13	10%

We encourage community members experiencing symptoms to call the Peach Springs Indian Health Clinicat (928) 769-2900 to schedule an appointment and then call the Hualapai COVID-19 Response Team Public Information Officer to schedule transportation. If you feel more severe symptoms, such as shortness of breath, please call EMS at (928) 769-2205.

ICT—MARKET DELIVERY

Please note: The Incident Command Team (ICT) will make daily market deliveries to elderly (if family members are unavailable or no transportation) and quarantined or isolated homes between the hours of:

ICT DELIVERY TIMES

10:00 a.m. – 11:00 a.m. 1:00 p.m. – 2:00 p.m. 5:00 p.m. – 6:00 p.m.

WALAPAI MARKET 769-1500

Be prepared to provide:

- 1) Name of person placing the order
- 2) Contact information
- 3) Address for delivery
- 4) Form of payment (Debit or EBT)
- 5) Notify ICT of your order at (928) 769-0001, 0002 or 0003

Per Walapai Market: There is a \$20.00 minimum order. Card transactions ONLY at this time.

Peach Springs Health Center (PSHC) Update

(Updates highlighted in yellow)

August 5, 2020

The clinic **remains open** during business hours: Monday through Friday, **8:00 am** to **5:00 pm** for medical appointments. **Dental Clinic will now be open Tuesdays and Thursdays** for emergencies at this time. All patients requiring medical or dental screenings can call: **(928) 769-2900** to be evaluated over the phone for an available appointment. We will make every effort to assure all patient's needs are met.

COVID Screening/Testing, 8:30 am to 4:00 pm, for any patient, community member or non-beneficiary desiring to be tested, please call clinic to schedule an appointment (928) 769-2900. (This is to allow social distancing and gathering at the screening and testing areas).

We ask all patients to wear face masks when being screened or for any scheduled appointments while at the clinic, please call ahead to verify appointment.

We currently moved the screening team into the building due to weather conditions, we are still able to view the outside and observe patients walking or driving up.

Please remain behind barriers and maintain social distancing (6 feet apart).

If you think you have been exposed to the Corona Virus 19 or developed a fever or symptoms such as cough or difficulty breathing, please call first to the Peach Springs Health Clinic at (928) 769-2900 for medical advice.

Currently, No visitors allowed. We are currently still seeing acute care patients on a walk-in basis, we ask you please call first (928)769-2900 and talk to a doctor to see if you need to come in.

If your child needs immunizations or a well-child visit, please call first to arrange this visit.

Please call first (928)769-2992 if you have a prescription to renew or refill.

We still continue to work towards **slowing** the potential spread of the COVID-19 virus, there are **3,058 confirmed COVID-19** cases in **Mohave County and 134 confirmed positive cases** in the Peach Springs community at this time. (If you have been identified as someone who has come in contact with a person tested for COVID-19, you will be receiving a phone call from the Public Health Nurse or clinic staff to check on your wellbeing.)

Designated parking areas for patients for medical screenings and prescription pick-up, please note the two designated areas. There will be one-way directional flow of traffic coming into the clinic parking, please be cautious and look out for other traffic or patients. All clinic staff vehicles will be parked in a designated area (south end of clinic) to allow parking spaces for patients in the two designated patient areas.

All GSA vehicles have be relocated to allow additional parking. (Currently, clinic staff enter through a designated entrance to reduce any crowding of patients/staff at the designated patient screening area).

We will continue to keep you updated and informed on any Peach Springs Health Center's clinical operations. We want to reassure the Hualapai Tribe that the Indian Health Service is here to serve the community to the best of our abilities and available resources. As we continue to receive updates from the government, we tailor our plans accordingly with the new guidance. Thank you all for your cooperation as we respond to the current national emergency.

Respectfully,

Perfecto B. Cronemeyer USN(Ret), BSHA, MBA Acting Health System Administrator Peach Springs Health Center (928)769-2906 HSA Administrative Assistant (928)575-6681 Direct Cell *(preferred)

7/27/2020



Text **HUALAPAI1** to **91896** to sign up for Hualapai Tribe text alerts. You will need to reply back in order to activate the alerts.



Our priority is the safety and health of the Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.



INCIDENT MANAGEMENT

Answers to Common Questions

The stay-at-home order applies 24 hours a day/7 days a week for all community members to stay within the boundary of their property and limit direct communication with the public to avoid potential contact with COVID-19.

How many individuals are allowed in a vehicle at the checkpoint(s)?

Resolution 36-2020 states two adults or parents with minors. Traffic control points will only limit two entrances (round trip) per day so please plan your trips accordingly. Employees performing essential functions are not subject to the two round trip entrances per day. Your entrance and exit at the checkpoint coming to and from work will NOT count against your allotted two round trip entrances per day.

Are food sales permitted?

To help enforce the stay-at-home order currently in place, food sales are NOT permitted in our community.

Is ICT able to pick-up food orders in Kingman?

At this time, the only delivery option we have for food is from the local Walapai Market. For quarantined and isolated homes, we encourage family members and friends of individuals to assist in picking up their orders, dropping the essentials items off at HEW, and the ICT will deliver to the their homes.

Who do I call for medical transportation?

If you do not have transportation for medical appointments, the Hualapai Transportation Program and/or Hualapai Transit Department may assist if available. They can be reached at (928) 769-2207 or (928) 769-6090.

Are individuals allowed to exercise outdoors?

Exercising outside your residential boundary is NOT permitted at this time. We encourage individuals to stay within the boundary of their homes.

Am I able to walk to the store, post office, clinic, etc.?

Walking on improved streets to perform essential functions is the only acceptable action i.e, to work (essential employees), store for food/supplies, and to/from medical appointments.

Is Diamond Creek (the river) open?

At this time, Diamond Creek is CLOSED to the public and Hualapai community. Access is only granted to permitted companies.

Can I visit my family who reside at other residences?

Visiting other residences is NOT allowed under the stay-at-home order. Visiting does not limit direct contact nor does it help to avoid the potential spread of COVID-19.

Can I drop off essential supplies to family members?

Stopping at other residences is not authorized. Essential supplies can be brought to the ICT office at 488 Hualapai Way (Hualapai Health, Education and Wellness Department) be delivered to family members in other residences. Supplies and/or food must be dropped off before 4 pm. If items are brought after 4 pm, it will be scheduled for the next day or turned away if items are perishable.

Is ICT still doing market deliveries?

The team is currently only delivering for elders that do not have transportation, and to quarantined & isolated homes.

Is ICT still doing mail deliveries?

The team is currently only delivering for elders that do not have transportation, and to quarantined & isolated homes.

Are meal deliveries still an option?

The team will pick up and deliver meals for quarantined individuals. All meals must be ready for delivery before 4 pm. Requests received after 4 pm will be declined.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE PUBLIC INFORMATION OFFICER TELEPHONE: (928) 769-0001, 0002, 0003 WEBSITE INFORMATION: HTTP://HUALAPAI-NSN.GOV

HUALAPAI TRIBE - PEACH SPRINGS, AZ For emergencies and questions: Hotline: (928) 769-0001, 0002, 0003 Police (928) 769-2220 Website: www.hualapai-nsn.gov Facebook Page: Hualapai Tribe Response #StopTheSpread

RECEIVING DONATIONS THROUGH THE INCIDENT COMMAND TEAM

Donations are a great way for our community to come together in a time of need. It is greatly appreciated by the receiver and gives you a way to participate in helping others out.

But, be aware that a quick <u>prescreen procedure</u> is needed to determine a reasonable stewardship of the donated items prior to their acceptance here, and provides some practical documentation for the Tribe.

Be prepared to give us the following information...

- 1. Who is giving the donation?
- 2. What are the donated items?
- 3. Are the donated items being shipped, or dropped off in person?
- 4. Our business hours for accepting donations are: 8:00 AM to 4:00 PM
- 5. Bring or ship your donation to the HEALTH DEPARTMENT building at 488 Hualapai Way. Peach Springs, AZ 86434. Or, call the Public Information Line (928) 769-0001, 0002, or 0003.
- 6. Please let us know any handling requests if the donation is; for a specific person or home, for a group, is fragile, perishable, requires refrigeration, or needs to be kept dry.
- 6. Please be advised that any hot or prepared foods, flammable materials, medicines or controlled substances needing special handling **may be refused** unless approved by the IC.

DISCLAIMER: The Incident Command Team DOES NOT imply a guarantee or have a warranty of any kind for donated items. Any donated items used or misused may have an unintended potential for risk of injury to body and health. Any donated items taken or used by the end receiver of any of donations are at the discretion of the end receiver.

Feel free to call us about your donation.

Thank you.

OFFICIAL ANNOUNCEMENT

From the Hualapai Incident Command Team

To help enforce the stay-at-home order currently in place



in our community. We thank you for your support in honoring the order.

Please call 928-769-0001, 0002 or 0003 for more information

Hankizul

HIGH TOUCH SURFACES TO DISINFECT DAILY

TABLES
COUNTER TOPS
LIGHT SWITCHES
DOORKNOBS
REMOTES
DESKS
HARD-BACKED CHAIRS
COMPUTER & KEYBOARDS
PHONES
TABLETS
TOILETS
SINKS

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread—

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lunas.
- COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people—

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

The virus may be spread in other ways—

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people—

- At this time, the risk of COVID-19 spreading from animals to people is considered to be low. Learn about COVID-19 and pets and other animals.
- It appears that the virus that causes COVID-19 can spread from people to animals in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do if you have pets.

Protect yourself and others—

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

- Maintain good social distance (about 6 feet). This is very important in preventing the spread of COVID-19.
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Routinely clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a cloth face covering when around others.

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STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

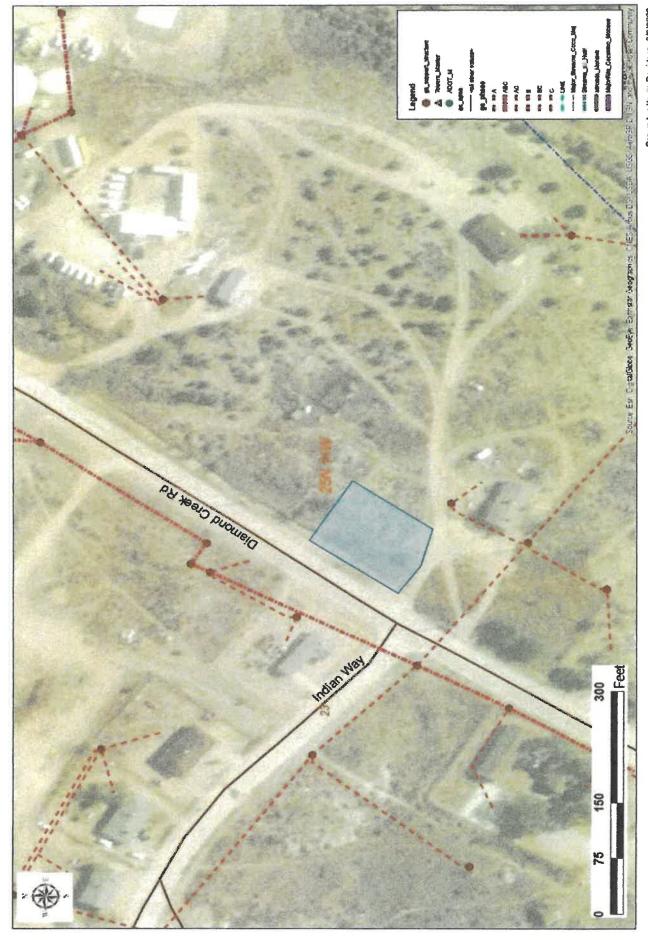
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

<u>Public Notice for Proposed 1/4 Acre Home Sites</u> Submitted by: Kevin Davidson | Hualapai Planning Department



For additional information and questions, please call the Hualapai Planning Department at (928) 769-1310

Public Notice for Proposed 1/4 Acre Home Site Located along Diamond Creek Road



For additional information and questions, please call the Hualapai Planning Department at (928) 769-1310

Drawn by: Kevin Davidson, 8/3/2020

Public Notice for Proposed 1/4 Acre Home Sites Located along Indian Way



For additional information and questions, please call the Hualapai Planning Department at (928) 769-1310

Public Notice for Proposed 1/4 Acre Home Site Located along Hualapai Drive and Shady Lane



For additional information and questions, please call the Hualapai Planning Department at (928) 769-1310

U.S. Census Bureau & Door to Door Visits: Tuesday, August 11th

Submitted by: Kevin Davidson | Hualapai Planning Department

A Message from the US Census Bureau



"It's time for Hualapai residents to complete and send back their 2020 Census forms! An accurate count of our tribe will help to ensure that we get our fair share of federal funding for the next ten years to come. If you have not filled out your form, please take approximately 10 minutes to do so now. By completing this now, you can avoid someone knocking on your door to collect the information in person beginning on August 11th.

The 2020 Census is safe, easy to fill out - and confidential! You can use the questionnaire packet left at your home to respond online, by calling in your responses, or by mailing back the completed form."

Thank you for your time.

<u>Hualapai Day Care Center ❖ Application Updates</u> Submitted by: Omaovensi Coochwytewa | Hualapai Day Care Center

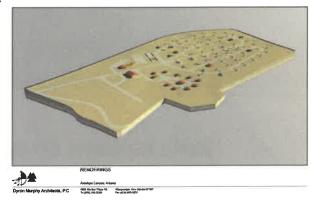


Submitted by: Kevin Davidson | Hualapai Planning Department



Hualapai Planning & Economic Development Department RV Park Town Hall Zoom Meeting AUGUST 19, 2020 @ 3:00 pm (AZ)

The Hualapai Tribe has been exploring the possibility of developing an RV Park on the reservation for several years given the tribe's unique location on historic Route 66 and being located along the south rim of the Grand Canyon. Peach Springs is only 17 miles from the Canyon, and has the only road access to the Canyon at Diamond Creek. This unique location serves as a major tourist attraction on the reservation. Thousands of RVers that travel through Peach Springs year-round are looking for an RV Park to stay. In addition, there are numerous people walking, bicycling, motorcycling, or traveling by some other means that end up camping in town. Many times the



travelers simply park or camp alongside of the road, in our hotel's parking space, or in our park, often becoming a nuisance to the community and other travelers. When asked to leave, they will ask where the nearest RV Park or campground is.

Currently there are three general locations to be studied including one in Peach Springs' downtown area, one southwest of Peach Springs in what is known as the Truxton Triangle and one at the intersection of Hwy 66 and Indian Route18 - road to Supai Village. A fourth site at Grand Canyon West was also proposed in the grant application; however, the site has since been contracted by Grand Canyon Resort Corporation to a third party for an RV park design. It is possible that the consultant can suggest additional locations if there are sites better situated for an RV Park.

"Prepare For Success" Southwest Business Development Consultants, LLC (SWBDC) has been selected by the Hualapai Tribe to develop the study. SWBDC has formed a partnership with Ritoch-Powell & Associates, Merge Architectural Group and Data Management of NM, LLC to develop the Feasibility Study.

The project team will host a One Hour Zoom Town Hall Meeting with Hualapai Tribal members on the week of to educate and drive community project ownership, obtain vital feedback, recommendations, which encourage entrepreneurship, small business development activities, promote new job creation opportunities and the effect of the RV Park on the local community. This is great opportunity for tribal members to voice your feedback on the overall planning process of the project.

Southwest Business Development Consultants, LLC is inviting Hualapai Community Members to a scheduled Zoom meeting.

Join Zoom Meeting https://zoom.us/j/92129304273

Meeting ID: 921 2930 4273

One tap mobile

+12532158782,,92129304273# US (Tacoma) or +13462487799,,92129304273# US (Houston)

Basic Business Empowerment • 9-Week Course: Business Plan Development Training

Submitted by: Kevin Davidson | Hualapai Planning Department



Coconino SBDC and Coconino County Health and Human Services Are Looking for New BBE Participants!

Basic Business Empowerment Business Plan Development Training

Coconino SBDC will be teaching this class via Zoom in a 9-week course. You will learn to:

- · Create a viable business plan and structure
- Clearly define your product or services
- Analyze your market and competitors
- Develop your value proposition and pricing
- Project costs, income, cash flow and profit & loss
- Live Plan online resource access
- Complete business plan by the end of the course, ready to take to a lender





For more information or to enroll <u>please contact Scott</u>

<u>Neuman</u> with CCHHS at

(928)679-7463 or

. Or visit

www.coconino.az.gov/bbe

HEALTH & SAFETY INFORMATION

CHR Program & Medication Delivery

Submitted by: Brook Bender | Hualapai Health, Education & Wellness

CHR PROGRAM

MEDICATION

DELIVERY

CALL: (928)-715-0278
INFORMATION NEEDED
NAME, SCRIPT #,
DOB OR PATIENT ID #, AND
DELIVERY INSTRUCTIONS

MONDAY - FRIDAY
8:00AM - 5:00PM
LAST REQUEST FOR
DELIVERY IS AT 4:00PM
EXCLUDING HOLIDAYS

Areas: Peach Springs, Buck-N-Doe, Truxton, Valentine, Hackberry, Kingman

Medications will be delivered no later then 5:30pm daily.

Medication will be delivered "Contactless" to help prevent the spread of the COVID-19.



All information provided is confidential.

Peach Springs Health Center Drive Thru COVID-19 Testing and Outpatient Service
Submitted by: Rebecca Rice | Indian Health Services, Pubic Health Nurse



Peach Springs Indian Health Center Drive thru COVID-19 testing please call for an appointment

Who: Open to all IHS beneficiaries (IHS eligible

American Indians/ Alaskan Natives) & IHS

Employees

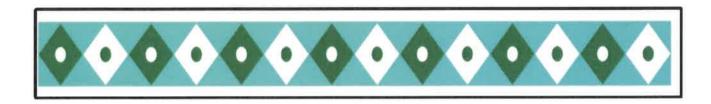
What: COVID-19 testing

When: By appointment only

Where: North side of the clinic building by the

emergency room door.

Call for appointment 928-769-2900



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Peach Springs Indian Health Center Outpatient Service—Effective July 15, 2020 8:00 AM-5:00 PM Monday, Tuesday, Wednesday, Friday 10:00 AM -5:00 PM Thursday

Purchased Referred Care
Patient Registration/Business
Health Information Management
(Medical Records)

During clinic hours
Patients can drop off billing statements, information, applications for DES, or other documentation with our carhop service upon request.

Dental

Emergency Services Walk in only Tuesday 9:30 am-11:00 am & 1:00 pm Thursday 9:30 am-11:00 am

Public Health Nursing/ Public Health Education Upon Request Current Services Provided (By appointment)

Physicals Wound Care Nurse Visits Radiology Podiatry

Telephone visits with provider available for medication refills, questions, and follow-ups

Drive thru COVID-19 testing
By Appointment Only

Pharmacy

During clinic hours Patients can receive medications with our carhop service.



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- •Trouble breathing
- Persistent pain or pressure in the chest
- New confusion

- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

Coronavirus (COVID-19) and Stigma

Submitted by: Martina Dawley | Hualapai Cultural Resources Department

Coronavirus (COVID-19) and Stigma

Viruses Don't Discriminate, and Neither Should We

Stigma is a strong feeling of disapproval that is often based on unfair judgment or misinformation about a group of people or certain actions or activities. The stress, fear, and anxiety about a disease, like COVID-19, can lead to stigma toward people or places. Stigma hurts everyone by creating fear and anger. Stigmatized people are hurt emotionally and mentally, and may be rejected by others, denied healthcare, education, housing or employment, or even face physical violence. We can all do our part to reduce stigma.



Coronavirus doesn't recognize race, nationality, or ethnicity.

Diseases can make anyone sick regardless of their race or ethnicity. COVID-19 started in China, but that's just geography. Having Chinese ancestry (or any other ancestry) does not make a person more likely to get COVID-19. Likewise, being from a place where people have COVID-19 doesn't mean the person has the disease.



Wearing a mask does not mean a person is ill.

We should not judge someone for wearing a mask/bandana or assume they are sick. People wear masks for a variety of reasons, including to avoid pollen and air pollution, for cultural and social reasons, or they may be wearing the mask because they (or someone they care for) are at higher risk for getting sick, and they are trying to protect themselves. They may be a health care worker doing their best to keep everyone safe.



You can interrupt stigma. Start by sharing information that is true.

Know the facts and avoid spreading misinformation. Stay informed through trusted sources like the Centers for Disease Control and Prevention (CDC.gov), Indian Health Service (IHS.gov), Johns Hopkins University (JHU.edu), etc.



Speak up if you hear, see, or read false information or mistreatment of others.

Gently correct false information, and remind the speaker that speaking badly of others and treating them unkindly makes us all less safe. If serious mistreatment occurs, report it to authorities or call 911.



Show compassion and support for those most closely impacted.

Listen to, acknowledge and, with their consent, share the stories of people experiencing stigma, along with a message that treating people this way is not acceptable in your community. Create learning opportunities for youth and others to identify and correct racist and misinformed ideas.



We're all in this together.

Everyone can do their part to help slow the spread of coronavirus. There are things you can do to help keep yourself and others healthy. Stay home, wash hands often with soap and water for at least 20 seconds, avoid touching eyes, nose and mouth, and clean and sanitize commonly-touched items in the home frequently. When sick, stay away from others and cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.



For more information: CDC.gov/coronavirus







Social Stigma associated with COVID-19

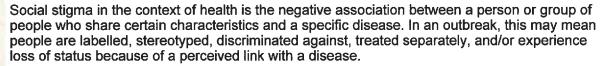


A guide to preventing and addressing social stigma¹

<u>Target audience:</u> Government, media and local organizations working on the new coronavirus disease (COVID-19).

WHAT IS SOCIAL STIGMA?







Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share other characteristics with this group may also suffer from stigma. The current COVID-19 outbreak has provoked social stigma and discriminatory behaviors against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

WHY IS COVID-19 CAUSING SO MUCH STIGMA?

The level of stigma associated with COVID-19 is based on three main factors: 1) it is a disease that's new and for which there are still many unknowns; 2) we are often afraid of the unknown; and 3) it is easy to associate that fear with 'others'.

It is understandable that there is confusion, anxiety, and fear among the public. Unfortunately, these factors are also fueling harmful stereotypes.

WHAT IS THE IMPACT?

Stigma can undermine social cohesion and prompt possible social isolation of groups, which might contribute to a situation where the virus is more, not less, likely to spread. This can result in more severe health problems and difficulties controlling a disease outbreak.

Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviors

HOW TO ADDRESS SOCIAL STIGMA

Evidence clearly shows that stigma and fear around communicable diseases hamper the response. What works is building trust in reliable health services and advice, showing empathy with those affected, understanding the disease itself, and adopting effective, practical measures so people can help keep themselves and their loved ones safe.

How we communicate about COVID-19 is critical in supporting people to take effective action to help combat the disease and to avoid fueling fear and stigma. An environment needs to be created in which the disease and its impact can be discussed and addressed openly, honestly and effectively.

Here are some tips on how to address and avoid compounding, social stigma:

- Words matter, dos and don'ts when talking about the new coronavirus (COVID-19)
- 2. Do your part. simple ideas to drive stigma away
- Communication tips and messages.

WORDS MATTER:

When talking about coronavirus disease, certain words (i.e suspect case, isolation...) and language may have a

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negative meaning for people and fuel stigmatizing attitudes. They can perpetuate existing negative stereotypes or assumptions, strengthen false associations between the disease and other factors, create widespread fear, or dehumanize those who have the disease.

This can drive people away from getting screened, tested and quarantined. We recommend a 'people first' language that respects and empowers people in all communication channels, including the media. Words used in media are especially important, because these will shape the popular language and communication on the new coronavirus (COVID-19). Negative reporting has the potential to influence how people suspected to have the new coronavirus (COVID-19), patients and their families and affected communities are perceived and treated.

There are many concrete examples of how the use of inclusive language and less stigmatizing terminology can help to in control epidemics and pandemics from the HIV, TB and H1N1 Flu.²

DOS and DON'TS

Below are some dos and don'ts on language when talking about the new coronavirus disease (COVID-19):

- DO talk about the new coronavirus disease (COVID-19)
 - Don't attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus". The official name for the disease was deliberately chosen to avoid stigmatization the "co" stands for Corona, "vi" for virus and "d" for disease, 19 is because the disease emerged in 2019.
- DO talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID19"

 Don't refer to people with the disease as "COVID-19 cases" or "victims"
- DO talk about "people who may have COVID-19" or "people who are presumptive for COVID-19" Don't - talk about "COVID-19 suspects" or "suspected cases".
- DO talk about people "acquiring" or "contracting" COVID-19

 Don't talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame. Using criminalizing or dehumanizing terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fueling wider reluctance to seek treatment or attend screening, testing and quarantine.

- **DO** speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.
 - Don't repeat or share unconfirmed rumors, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.
- **DO** talk positively and emphasize the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.
 - Don't emphasize or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.
- **DO** emphasize the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.

DO YOUR PART:

Governments, citizens, media, key influencers and communities have an important role to play in preventing and stopping stigma surrounding people from China and Asia in general. We all need to be intentional and thoughtful when communicating on social media and other communication platforms, showing supportive behaviors around the new coronavirus disease (COVID-19).

Here are some examples and tips on possible actions to counter stigmatizing attitudes:

- Spreading the facts: Stigma can be heightened by insufficient knowledge about how the new coronavirus disease (COVID-19) is transmitted and treated, and how to prevent infection. In response, prioritize the collection, consolidation and dissemination of accurate country- and community-specific information about affected areas, individual and group vulnerability to COVID19, treatment options and where to access health care and information. Use simple language and avoid clinical terms. Social media is useful for reaching a large number of people with health information at relatively low cost.³
- Engaging social influencers ⁴ such as religious leaders on prompting reflection about people who are

stigmatized and how to support them, or respected celebrities to amplify messages that reduce stigma. The information should be well targeted and the celebrities who are asked to communicate this information must be personally engaged, and geographically and culturally appropriate to the audiences they seek to influence. An example would be a mayor (or another key influencer) going live on social media and shaking hands with the leader of the Chinese community.

- Amplify the voices, stories and images of local people who have experienced the new coronavirus (COVID-19) and have recovered or who have supported a loved one through recovery to emphasize that most people do recover from COVID-19. Also, implementing a "hero" campaign honoring caretakers and healthcare workers who may be stigmatized. Community volunteers also play a great role in reducing stigma in communities.
- Make sure you portray different ethnic groups. All materials should show diverse communities being impacted and working together to prevent the spread of COVID-19. Ensure that typeface, symbols and
 formats are neutral and don't suggest any particular group.
- Ethical journalism: Journalistic reporting which overly focuses on individual behavior and patients' responsibility for having and "spreading COVID-19" can increase stigma of people who may have the disease. Some media outlets have, for example, focused on speculating on the source of COVID-19, trying to identify "patient zero" in each country. Emphasizing efforts to find a vaccine and treatment can increase fear and give the impression that we are powerless to halt infections now. Instead, promote content around basic infection prevention practices, symptoms of COVID-19 and when to seek health care.
- Link up: There are a number of initiatives to address stigma and stereotyping. It is key to link up to these activities to create a movement and a positive environment that shows care and empathy for all.

COMMUNICATION TIPS and MESSAGES

An "infodemic" of misinformation and rumors is spreading more quickly than the current outbreak of the new coronavirus (COVID-19). This contributes to negative effects including stigmatization and discrimination of people from areas affected by the outbreak. We need collective solidarity and clear, actionable information to support communities and people affected by this new outbreak.

Misconceptions, rumors and misinformation are contributing to stigma and discrimination which hamper response efforts.

- Correct misconceptions at the same time as acknowledging that people's feelings and subsequent behavior are very real, even if the underlying assumption is false.
- Promote the importance of prevention, lifesaving actions, early screening and treatment.

Collective solidarity and global cooperation are needed to prevent further transmission and alleviate the concerns of communities.

- Share sympathetic narratives, or stories that humanize the experiences and struggles of individuals or groups affected by the new coronavirus (COVID-19)
- Communicate support and encouragement for those who are on the frontlines of response to this
 outbreak (health care workers, volunteers, community leaders etc).

Facts, not fear will stop the spread of novel coronavirus (COVID-19)

- Share facts and accurate information about the disease.
- Challenge myths and stereotypes.
- Choose words carefully. The way we communicate can affect the attitudes of others (see do's and don'ts above).

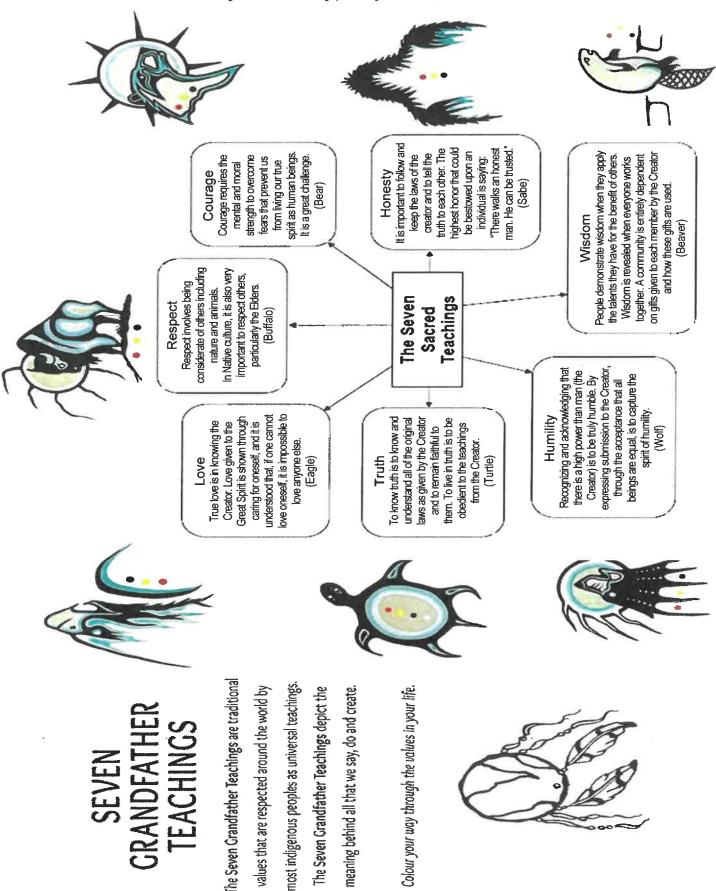
¹ This checklist includes recommendations from Johns Hopkins Center for Communication Programs, READY Network.

²UNAIDS terminology guidelines: from 'AIDS victim' to 'people living with HIV'; from 'fight against AIDS' to 'response to AIDS'.

³ Nigeria successfully contained the 2014 Ebola outbreak that affected three other countries in West Africa partly through employing targeted social media campaigns to disseminate accurate information and correct hoax messages circulating on Twitter and Facebook. The intervention was particularly effective because international non-governmental organizations (NGOs), social media influencers, celebrities and bloggers used their broad platforms to forward and share information and opinions on the health communication shared. Fayoyin, A. 2016. Engaging social media for health communication in Africa: Approaches, results and lessons. Journal of Mass Communication and Journalism, 6(315).

⁴ The term "Angelina Jolie effect" was coined by public health communication researchers to account for increased Internet searches about breast cancer genetics and testing for several years after 2013 actress Angelina Jolie underwent a much-reported preventative double mastectomy. The "effect" suggests that celebrity endorsements from trusted sources can be effective at influencing the public to seek health knowledge, their attitudes towards and uptake of healthcare services for Covid-19.

<u>Hualapai Strategic Prevention</u> Seven Grandfather Teachings Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



Hualapai Strategic Prevention * Tips to Connect and Find Joy While Social Distancing

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

THE CORONAVIRUS CRISIS

Too Much Alone Time? Tips To Connect And Find Joy While Social Distancing

We are social creatures. So it's no surprise that quarantine fatigue has begun to set in.

"Humans are wired to come together physically," says psychologist Judith Moskowitz of Northwestern University. But, Ioneliness has become widespread in modern life. And, social distancing has just exacerbated the problem, Moskowitz says.

Social connection is essential to our wellbeing, since prolonged isolation can increase the risk of depression and anxiety, says Dr. Sandro Galea of Boston University's School of Public Health. "We know from other events, the longer the isolation, the more risk," Galea says.

Social distancing recommendations will remain in place for months to come, and until there's a vaccine, limits on big gatherings will likely continue. For the elderly or those who live alone, the isolation can be particularly grueling. But, people are finding new ways to interact with each other, even under extraordinary circumstances.

Here are some strategies to connect with others.

Note: If you're feeling persistent sadness or anxiety that interferes with day-to-day life, consider seeing a therapist (which you can do online, too).

1. Don't scroll, but do connect online, with real-time activities

When it comes to our emotional health, social media platforms can be a double-edged sword. Simply scrolling through a Facebook, TikTok or Instagram feed may not help you connect with other people in a meaningful way.

So instead of cultivating that empty FOMO (fear of missing out) feeling, use the power of virtual platforms to connect more intentionally, more deeply.

Start by asking yourself: What matters to you? Do you have a hobby you'd like to resurrect, or take up for the first time? A whole



world of online, live-streamed classes has opened up, from ceramics to languages to bread-making. Always wanted to play the banjo? "Find a banjo class," says Judith Moskowitz, a psychologists at Northwestern University.

The face-to-face, real time connections allow us to pick up on facial expressions and body language to better simulate real-world gatherings. A live, synchronous class, Moskowitz says, "is one way to get to know people and to broaden your social network."

Outside of classes, if you use social media to stay in touch with friends, instead of just commenting on posts, make the effort to interact one-on-one, says Joe Walther, who directs the Center for Information Technology & Society at the University of California Santa Barbara. "It's the intimacy of the messages, and the depth of the interactive conversation that will sustain us," he says.

2. Making art is a social act: Express yourself and share.

Looking for a place to connect with others who use art to express themselves? The UnLonely Project has created a community through its Stuck At Home Together initiative. You can watch a short film, then participate in an online conversation. You can view others' art or share your own. And for motivation to get started, the group has designed creative challenges, like crafting a self-portrait from objects around the house.

The group behind these initiatives includes physicians and researchers who document how the crea-

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tive processes can help people maintain good health and fend off disease. "When you make art, you are in the moment — you are with [your] thoughts and feelings," says Jeremy Nobel, who founded the program and is also on the faculty at Harvard Medical School.

And by sharing what you create, it's as if you're sharing a "representation of your thoughts and feelings, whether it's a painting, a poem, a baked good, or a garden," Nobel says.

He says loneliness isn't just about lacking companionship. "Often loneliness starts with a sense of estrangement or disconnection from who you are. How do you fit into the world?" Nobel says.

Art can be very powerful for centering and positioning — a way to explore your own identity. "And I actually believe for many people, that's an essential first step to connecting with other people in an authentic way," Nobel says.

3. Reach out to the elderly

For many elderly people, social distancing has brought layers of challenges. "It's not just the lack of contact with others," says physician Kelli Tice Wells who is a senior medical director at health insurer Florida Blue. It's also "not being able to navigate things that can be critical to your life" such as on-line grocery shopping or getting prescriptions, Wells says.

Florida Blue now offers virtual companionship and assistance to seniors through a program called Papa Pals, which matches elderly adults with younger people, who are paid to provide assistance.

Miriam Membreno, of Miami, Fla., who is trained as a social worker, recently started working as a Papa Pal, after her hours at her regular job were cut short. She meets with a few elderly people virtually.

"I do feel like I'm helping them be less lonely," Membreno says. She says sometimes they just want to share stories, and she likes to listen. Other times, during a virtual visit, she says, they share worries that they have bottled up. "Just having those stress and concerns released," is worthwhile, she says.

Another program for seniors, Live a Dream, collects video montages to brighten a senior's day. Young people can submit a short video to share. You can tell a joke, play

an instrument, or just give some encouraging words.

There are numerous efforts to connect elderly people in senior living facilities with younger people around the country. Check with local groups to find one where you live.

4. Become a citizen-scholar, a online tutor, or assistant to the visually impaired: Find *your* way to volunteer, virtually

As many community organizations struggle to keep up with rising needs and shrinking budgets, volunteer options — even contactless ones — abound.

Does the idea of becoming a citizen scholar sound intriguing? The Smithsonian has digital volunteer opportunities. For instance, "citizen scholars are invited to transcribe historic documents including diaries and working papers of prominent Americans," according to the Smithsonian website. To get involved, you can check out the Smithsonian Transcription Center.

Or, you could help people with low-vision, a program called Be My Eyes, is an app that connects people who are blind or have low-vision with volunteers who offer virtual assistance.

VolunteerMatch, a database of volunteer opportunities has a searchable site for virtual volunteering, with thousands of postings around the country, calling for all kinds of skills from tutoring kids to making face masks. Find more options on Idealist.org.

5. Keep friendships alive, with small acts of kindness

Sometimes, a small gesture can help you reconnect. Even though we can't bake together, think about dropping off some cookies to a friend. Ask your neighbor if you can pick up some grocery items for them on your next trip. Organize a puzzle or game swap.

During these strange and difficult times, "you can feel like you're really depleted and you have nothing to give," says Judith Moskowitz. "But just a simple act of helping someone else out comes back and bolsters you as well," she says. An act of kindness can lift our spirits. "And that really feels good."

Look for creative ways to nourish your friendships, like working through a cookbook together, or watching movies together, suggests Lydia Denworth, author of *Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond.* And don't miss the opportunity for small touch points throughout the day: Even sharing a joke over text can make you feel less alone, she says.

"Friendship is critical in times of stress — that's what friendship is for," Denworth says.■

COMMUNITY MESSAGES



Gamyu Newsletter Deadline & Publication Dates

Gamyu articles are due every other **FRIDAY(S)** - the week before tribal pay week by 5:00 p.m. Please remember to attach an Information Sheet with your articles (no ANONYMOUS submissions) to the Hualapai Planning Department at 887 W. Hwy 66 or email to: DBravo@hualapai-nsn.gov.

You can find the latest and any archived issues of the Gamyu newsletter on the Hualapai Tribe website at www.hualapai-nsn.gov

Article Deadline:

Friday, August 14th

Next Publication: Friday, August 21st

<u>Hualapai Strategic Prevention WRONG Email Notice</u>
Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

ATTENTION

The Hualapai Strategic Prevention email has been receiving utility, medical and all other "Social Gaming" receipts and requests.

I have responded to your email that you have reached the Hualapai Strategic Prevention.

Please check your email address and send to the correct address.

Jessica Powskey Hualapai Strategic Prevention Coordinator jpowskey@hualapai-nsn.gov



Hualapai Strategic Prevention



The Red Road Ethics

Submitted by: Mario Zephier

Gamyu: Respect, Love & Strength; to the Hualapai Nation and all those beautiful people who make it so. Red Hawk Zephier here, wishing all the best of our Creators' love, protection, mercy and strength. If we look to each other, we will find it in one another. The love of our Creator is in us, share it with others. I hope this makes sense! I'd like to share with you some writings from two of my Native Brothers. These writings are about the Red Road journey we are walking together. "The Red Road Ethics," I share with all of you who are a part of the Red Road lessons we share amongst each other here. To keep our minds sharp, our hearts full and our spirits strong.

These writings are what came of the question: "What is the Red Road to you?"

This first one is from "Pat Hammand 2020" - Chukchansi Nation:

We need to look up and around, instead of back and down. Lift your eyes and see the amazing future which bursts with hope for you with Grandfather! Don't spend your life mourning over what you have lost and what is already gone. Take inventory of what you have left and keep going. One foot in front of the other, walking the Red Road.

With all the same Respect, Love and Strength I have for Brother Pat, he shares it with our little brother "Kheya iha" (Smiling Turtle) - Cherokee he writes:

The Red Road to me is a very narrow path with all the obstacles you have to climb mentally, spiritually, physically and emotionally to become who our Creator wants us to be. The Red Road is a road that teaches us to be better men in all aspects of life. It teaches us that we need to love and co-exist with all creations on Earth and learning all of that is what shows us that sobriety is a very important part in this walk because getting intoxicated turns you into someone else. That's not right because the Creator made you to be you, not someone else.

I thank you and may your walk be ever strong. When the walk gets hard remember you are not alone. Sisters and brothers are praying for you, I am praying for you. Ahhev!

Red Hawk Zephier, Hualapai/Lakota 2020

From the Life Recovery Bible

We may feel like love just doesn't seem to work for us. We may wonder if we are doing something wrong. Perhaps we have problems loving because we are disconnected from the source of true love. The apostle John wrote: "Dear friends, let us continue to love one another, for love comes from God.—But anyone who does not love does not know God, for God is love." (1 John 4:7-8)

Jesus said, "I am giving you a new commandment: Love each other, just as I have loved you, you should love each other." (John 13:34)

Trying to love without first receiving God's love is like trying to water something with a hose that's disconnected from the faucet. When we receive Gods unconditional love, we can begin to love our self. We are then told to love others as we love our self as Jesus has loved us. There is a boundless reservoir of love available to us; but without receiving the love of God in Christ, we will quickly run dry.

Jesus is waiting for us to open our heart and receive his love. He said, "If you hear my voice and open the door, I will come in and we will share a meal together as friends." (Revelation 3:20) Love is waiting, we receive it when we open up to the love God offers us.

Please! Be good to each other. Your brother in recovery upon the Red Road.

Text Hualapai1 to 91896 to receive text alerts

Trash pick up will continue to be on Mondays and Thursdays

SUBMIT A WORK ORDER using text messaging. to report an issue or make a work request.

Keywords:

Wood —wood chopping & deliveries from wood lot

Sewer — backed up toilets/sinks

Home Maintenance — homeowner maintenance issues

Garbage — Garbage hauling

Funeral — funeral requests

Electrical — power outages and street lights

Roads — potholes & road grading requests

Water — low water pressure & line breaks

Text one of the key words above to Hualapai Public Services:

(928) 756-8882